

Eating Right On a Budget



Roxanne Wilson & Karuna Perera
Community Center for Vital Aging
Fisher Institute for Wellness &
Gerontology

Reasons for not Eating Right

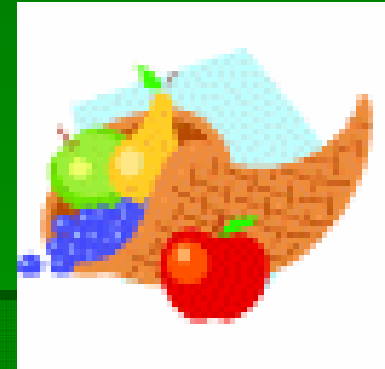
- *“I have trouble chewing”*
- *“Food just doesn’t taste the same anymore”*
- *“I don’t have a car to go shopping”*
- *It’s hard to cook for one person”*
- *“I’m just not that hungry anymore”*

Why is it important to Eat Right?

- Keep healthy Weight
- Maintain healthy immune system
- Decrease the risk of infection, illness, and chronic illness



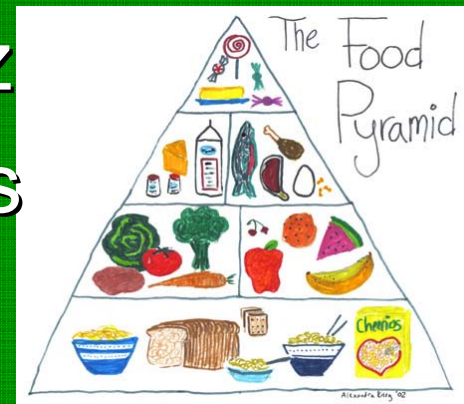
What Should I Eat?



- Variety
- Pick foods that are lower in cholesterol and fat, specially saturated fats (mostly foods that come from animals)
- Avoid processed foods, margarines, and shortenings.
- Avoid chips, cookies, sodas, & alcohol

How Much Should I Eat?

- Grains- 5-7 ounces
- Vegetables- 2 to 3 1/2 cups (variety and color)
- Fruits- 1 1/2- 2 cups
- Milk, Yogurt, and cheese- 3 cups of milk
- Meat, poultry, fish- 5-7 oz
- Less fats, oils and sweets



How Much Should I Eat?

51+ Years

*Women

*Men

Fruits	3 servings	4 servings
Vegetables	4 servings	5 servings
Grains	5 servings	6 servings
Meat and Beans	5 oz.	5 ½ oz.
Milk	3 servings	3 servings
Oils	5 tsp.	6 tsp.

What is a serving size?

- Fruits- 1 serving = $\frac{1}{2}$ cup
- Vegetables- 1 serving= $\frac{1}{2}$ cup
- Grains - 1 serving= 1 slice bread, 1 cup ready - to- eat cereal, $\frac{1}{2}$ cup cooked rice, pasta or cooked cereal
- Meat & beans- 1 serving= 1 TB peanut butter, $\frac{1}{4}$ cup cooked dry beans, or $\frac{1}{2}$ oz nuts or seeds.
- Milk- 1 serving= 1 cup milk or yogurt

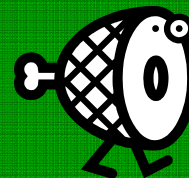
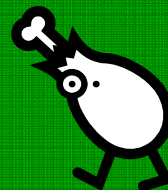
DO I Need to Drink Water?



- Not just water
- Drink plenty of liquids
- Don't wait until you feel thirsty to start drinking. With age you may lose some of your sense of thirst.
- Check with your doctor if he or she has told you to limit how much you drink.

What about Fiber?

- Where do you find fiber?
- It is the part of plant food that your body cannot digest
- Eating more fiber helps your digestion
- It may also lower cholesterol and blood sugar



The Best source of Fiber is food, rather than dietary supplements.

- Eat cooked dry beans, peas, and lentils often.
- Leave skins on your fruits and vegetables if possible.
- Choose whole fruits over fruit juice.
- Eat whole- grain breads and cereals.
- Drink lot of fluids to help the fiber move through your intestines.

Should I cut back on Salt?

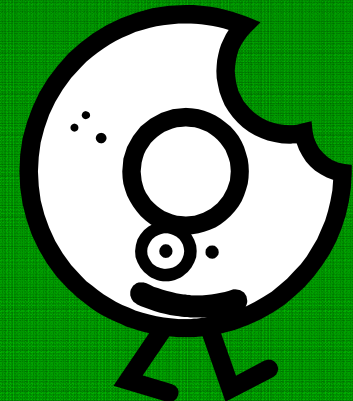
- The body uses sodium to keep the blood, muscles, and nerves healthy.
- Too much salt is not good, can make your blood pressure go up.
- If you are over age 50, aim for 2/3 tsp a day (that includes all the sodium you get from food and drink, not just what you add when cooking or eating)
- Cut back on salty snacks and processed foods

Alternatives to Salt

- Try adding spices, herbs, and lemon juice to add flavor to your foods
- Also make sure your diet is rich in foods containing potassium. That will help counter the effects of salt on your blood pressure.
- Potassium rich foods include leafy green vegetables, tomatoes, bananas, and root vegetables like potatoes.

What about Fat?

- Fat in your diet gives energy and certain vitamins.
- But too much fat can be bad for your heart and blood vessels and can lead to heart disease.
- Fat is also high in calories.



How can we lower the fat in diet?

- Choose lean cuts of meat, fish, or chicken (with skin removed).
- Trim off extra fat before cooking
- Use low fat dairy products and salad dressings

Reducing Fat in Diet

- Use non-stick pots and pans
- Use good fats in small quantities
- Broil, roast, bake, stir-fry, steam, microwave, or boil foods. Avoid frying.
- Season your foods with lemon juice, herbs, spices, instead of butter

What about Food Safety?

- The sense of taste and smell may not work so well
- You may not always be able to tell if foods have gone bad
- Mark the dates on foods in your refrigerator
- If in doubt, throw it out
- Be sure to fully cook eggs, pork, fish, shellfish, poultry, and hot dogs.